

Thanksgiving Safety: Five Mishaps and How to Avoid Them



Thanksgiving, while a cherished tradition for many, is a time where travel and food preparation can pose increased risks. Staying aware and informed of the potential risks can help to ensure that this holiday is an enjoyable, light-hearted time, rather than one of stress and hardship. Let's take a look at five of the more common mishaps and how to avoid them.

Car Accidents

Traffic volumes often peak around Thanksgiving, as a result of possible weather-related road conditions and an increased prevalence of drunk driving. Families must take special care while traveling over the holiday weekend. Be conscious of surroundings, leaving headlights on even when it is still light out, and always observe safe following distances. Peak Thanksgiving traffic usually occurs on Wednesday afternoon, Thursday night and throughout Black Friday. And of course, never get behind the wheel if you have been consuming any amounts of alcohol.

Fires

Deep-frying turkeys is a major cause of house fires. If you intend to do this, make sure your turkey is fully defrosted before dropping it into the oil. Make

sure to always cook outside in a grassy area where there are no flammable materials nearby. Baggy clothing can also be a possible threat, so be mindful of what you are wearing while you cook, and always have a fire extinguisher on hand.

Burns

Children are at high risk of getting burned by hot foods and liquids. Keep children at least three feet away from the stove and never hold a child while carrying anything hot. Use the back burner when possible and turn all handles away from the stove's edge. Keep all paths for food transport free and clear and ensure that your oven mitts are not wet or worn out. If you are going to deep fry a turkey, make sure you follow the guidance above and wear protective gear – such as rubber elbow-length gloves – while cooking the bird.

Cuts

A few straightforward steps can help prevent such injuries. The American Society for Surgery of the Hand urges consumers to only use very sharp knives when slicing up turkey, as dull blades will not be as easy to control. Follow the best practices of dicing when you are cutting up vegetables as well, and always slice away from your body.

Food Poisoning

Use a food thermometer for your turkey, and try to check the temperature in three spots to ensure it has cooked to 165°F. Wash your hands regularly, and use separate cooking utensils and cutting boards, especially when working with raw meat, eggs and other items to avoid cross contamination.

Stay safe, and have a great Thanksgiving!

Source: Selective